

Love

without desire
to possess,
without
thinking of "I",
without
selecting and
excluding,
embracing all
beings.



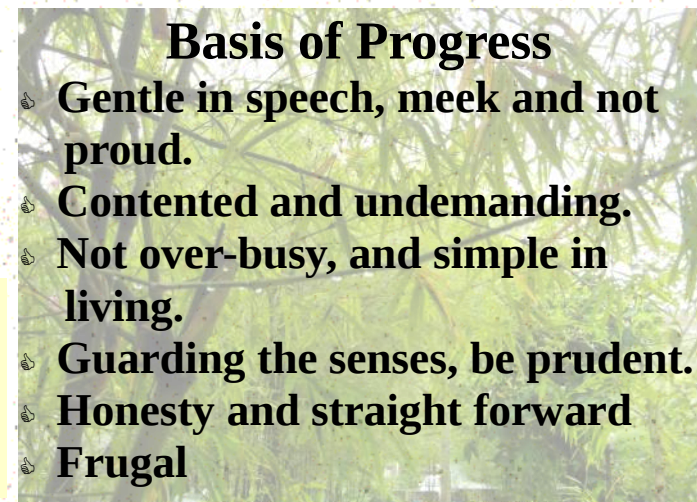
*Metta bhavana
when practised
sincerely and
thoroughly,
results in
tremendous inner
power which
preserves,
protects and
heals both oneself
and others.*

Liberation of the Heart

“We cannot see body and mind appearing and disappearing because of our lack of concentration. We meditate to gain concentration and wisdom. Mettā Bhāvanā is a concentration practice.”



Avera hontu May you be safe
Abyapajjha hontu Free from physical suffering
Anigha hontu Free from mental suffering
Sukhi attanam pariharantu May you live happily



BREAKING THE BARRIERS

One practices mettā by visualizing the objects (beings), one after the other, by taking the path of least resistance, in a graduated sequence, which progressively expands the circle. One starts with oneself, and thereafter a respected person for whom one has reverence, then a neutral person, then an enemy. As one radiates thoughts of loving-kindness in this order, the mind breaks all barriers between oneself, a respected one, a neutral one and an enemy. Everyone comes to be looked upon equally with the eye of loving-kindness.

TEN DIRECTIONAL RADIATION

After completing the radiation of mettā towards selected persons, when the mind breaks the barriers existing between oneself and respected ones, neutral ones and hostile ones, the meditator now embarks on radiating mettā in the ten directions (east, west, north, south, northeast, southwest, northwest, southeast, downward and upward). He fills the world with love.

ELEVEN BLESSINGS OF METTĀ

One sleeps happily, one wakes happily, one does not suffer bad dreams, one is dear to human beings, one is dear to non human beings, the gods protect one, no fire or poison or weapon harms one, one's mind gets quickly concentrated, the expression of one's face is serene, one dies unperturbed, and if one fails to attain higher states, one will at least be reborn in Brahmā world.